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AMENDMENTSIn the Claims:

Please cancel claims 69-76 without prejudice, amend claims 60, 77, and 78, and add new claims 79-83 as set forth below. All the pending claims are reproduced below.

Claims 1-59. (canceled)

60. (currently amended) A bicycle comprising:

a frame;

an adjusting device adjusting a height of a front wheel suspension;

wherein said adjusting device comprises a double-acting piston/cylinder assembly with a first cylinder chamber and a second cylinder chamber separated by a piston that is connected to a piston rod, said two cylinder chambers being filled with compressible gas, and said two cylinder chambers being connectable with one another via a fluid channel, and said piston rod mounted on a steering stem;

a shut-off device positioned in said fluid channel; and

wherein said shut-off device is actuatable via an actuator that is spaced apart from said shut-off device.

61. (previously presented) The bicycle of claim 60 wherein said actuator is arranged in a region of a handle bar.

Claims 62-76. (canceled)

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77. (currently amended) A bicycle comprising:

a frame;

an adjusting device adjusting a height of a front wheel suspension, wherein said adjusting device comprises a double-acting piston/cylinder assembly with a first cylinder chamber and a second cylinder chamber separated by a piston that is connected to a piston rod, said two cylinder chambers being filled with compressible gas, and said two cylinder chambers being connectable with one another via a fluid channel, and said piston rod mounted on a telescopic front fork assembly;

a shut-off device positioned in said fluid channel, and

wherein said shut-off device is actuateable via an actuator that is spaced apart from said shut-off device.

78. (currently amended) A bicycle having a suspension unit with an adjusting device adjusting the height of the front wheel, comprising a double acting piston cylinder assembly having a first and a second chamber filled with compressible gas and separated by a piston, and being connectable via a fluid channel to adjust the height, where a shut-off device is located in the fluid channel that is actuateable via an actuator that is spaced apart from said shut-off device.

79. (new) The bicycle of claim 60 wherein said compressible gas comprises air.

80. (new) The bicycle of claim 77 wherein said compressible gas comprises air.

81. (new) The bicycle of claim 77 wherein said actuator is arranged in a region of a handle bar.

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82. (new) The bicycle of claim 78 wherein said compressible gas comprises air.

83. (new) The bicycle of claim 78 wherein said actuator is arranged in a region of a handle bar.

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